

# VOLUNTEER COURIER

**UNC HEALTH CARE VOLUNTEER SERVICES**

**NOVEMBER 2010**



## **ANOTHER SUCCESSFUL HEALTH CAREER DAY!**

On October 21, 2010, the Volunteer Association once again held a very successful Career Day for high school students interested in a career in medicine. Throughout the day, approximately 250 students were exposed to a variety of career opportunities and paths both at the hospital and the university. This year's theme was cancer and oncology, with an emphasis on the new Cancer Hospital.

The day began with two very interesting presentations. Dr. Jennifer Hanner presented on "The Psychology of Getting Well", and Jennifer Neumann, RN, presented on Operating Room Procedures. In addition to the factual information and descriptions, both presenters also discussed their personal career paths including their motivations and education, and described different career opportunities related to their areas of expertise. You could hear the rustle of paper as the students furiously took notes!

The next part of the day involved hospital tours and small group sessions. The tours included stops at such areas as the Emergency Room, Radiology, the MRI Center and several other hospital departments. At each stop on the tours, a professional from that area gave a description of the services offered as well as the various career opportunities related to that particular area. This type of personal interaction was very clearly motivating to the students. After lunch, the students then were treated to a presentation by Tina Shaben, RN, from the Patient and Family Resource Center entitled "Addressing Body Image for Teens with Cancer". From the looks on their faces, it was apparent that this was a relatively new aspect of

medical care for many students. Finally, the day ended with an interdisciplinary panel discussion.

Throughout the day, everyone involved was so impressed with the enthusiasm of the students and their excellent comportment. While the students varied greatly in background, it was apparent that these students are not your "typical" high school students, but ones already focused and prepared to work towards a specific goal. Two young ladies in particular, both with serious hearing deficits, demonstrated the commitment that make this type of day very worthwhile.

Career Day has become something of a tradition for The Volunteer Association. Under the leadership of Priscilla Bevins, this venture began approximately 25 years ago. Originally the students came for two days, many staying overnight. In recent years, it was converted to a one-day experience, but still attracts many schools and offers a rich program. It is now under the excellent leadership of Rachel Orstad and her committee of volunteers, but they need our help. Beginning in April, invitations go out to career and guidance counselors in all the school districts in the State of North Carolina with the date and brief descriptive overview. Then as the program is firmed up, a second letter is mailed in August with more detailed program information and registration procedures. Meanwhile back at the hospitals, logistics become the priority. If this sounds interesting, Rachel and her committee could definitely use your help. Just stop in at the Volunteer Office and leave a message for Rachel. This is one activity that will give you that warm feeling we all love.

### **Dates to Remember**

December 1-3	Book Sale
December 7-9	Scrubs Sale
December 9	Holiday Party
December 14-16	Southern Seasons Sale
December 21	Santa Visits Patients
December 24	Office Closed
December 31	Office Closed
January 4-6	Scrubs Sale
January 10-12	Student Registration – Office staff unavailable
January 13	Finance Committee Meeting
January 17	MLK Day – Office Closed
January 24	Adult Orientation
January 26	Leadership Council Meeting
February 14	Lunch and Learn-Women's Hearts



## Volunteers Bring Music Therapy to Patients

*Written by Barbara Irwin*

Music therapy helps patients relax and reduce stress. Recent studies confirm the healing benefits of music as well as the positive effects on patients. Four musicians who are volunteers donate their talents for adult and children patients. They are profiled below.

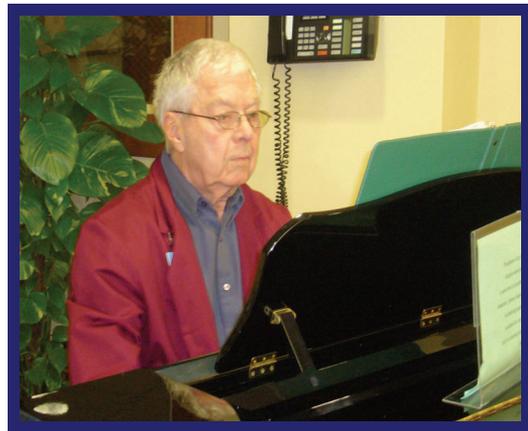


**Gabriella Tal** plays guitar and sings weekly on the Rehabilitation floor in the Children's Hospital. She has been a volunteer for two years. About volunteering, Gabriella said: "Every time I am at the hospital, I seem to carry home one really amazing experience. I always feel like I receive more than I give. The children are a special inspiration in that their courage amazes me. In Rehab, I am especially moved because I too was on the very same Rehab unit 15 years ago and now I get to come full circle and play for others hopefully, supporting them the way I was so supported back then."

Gabriella finds that older patients especially enjoy music of the '30's through the '60's. Her favorites include folk songs for adults and all kinds of kids' music for the children. "Children really want to have fun. I learned early that just because children are ill does not mean they want a slow song. They usually want the songs that make them laugh! And this work has taught me about making funny voices and animal sounds to get the kids to laugh first and foremost. What a joy to sing for them and to laugh with them. Tears come now and then but less so with

the children. The adults I work with more often need to cry. They may have traumas that were not resolved – both emotional and physical. I love to do spirituals and hymns when it seems right for an adult patient. So much strength is derived from these."

This talented volunteer is a massage therapist as well as a musician. Since her spinal cord injury 15 years ago her activities have been scaled back, but volunteering allows her to exercise her musical skills. She has played the guitar since she was 15 years old – over 35 years ago. Gabriella is also part of the DooR to DooR program, a non-profit organization, which brings about a hundred artists or more into UNC Health Care each year.



A new volunteer, **George Hunt**, plays the piano every Thursday at lunch time for rehab patients on the 7<sup>th</sup> floor dining room in the main hospital. His audience isn't limited to the dining room, however; families and patients in the outer lobby come in to say how much they enjoy his playing. Before sitting down to the piano though, George, a member of the Library Committee, makes rounds with the book cart to patients on the 8<sup>th</sup> floor where he suggests reading material to help pass the time.

George finds volunteering extremely rewarding. A typical reaction to his playing came from a group of brain-injury patients. "One of the nurses, who is musical, cued me and asked 'if you could play the treble melody with just one note, the patients would love it.' I did so, and they were very responsive. One of them asked to be pushed up to the piano in her wheelchair. She leaned way over to me and said, 'That was just beautiful.' "

George's repertoire includes golden oldies" by Cole Porter or George Gershwin plus familiar musical comedy classics, such as "Some Enchanted Evening and "Younger than Springtime." He tries to play quiet pieces with soothing slower tempos.

A retired advertising executive who has been involved in many volunteer activities, George feels the hospital experience, especially playing the piano for patients, has been one of the most moving. He began studying piano when he was six years old and practices regularly. George said, "Music therapy is new to me, but I'm finding it personally highly gratifying.

( Music Therapy , continued )



**Suzanne Mays**, Certified Music Practitioner (CMP), plays the lyre at bedside for those who are ill, near the end of life or during the 3 day-vigil period before a funeral. She currently volunteers one day a week in the Medicine Intensive Care Unit (MICU). In the past, she volunteered two days a week in both the MICU and the Burn Center. Suzanne is one of the healing artists in the DooR to DooR Program who also performs in other areas of UNC Hospitals.

“A clear distinction must be made between my work as a CMP and that of a music therapist. As a CMP my music provides palliative and comfort care involving only the patient’s hearing capacity and openness to receiving the music. A music therapist through physical interaction and exercises works to rehabilitate and restore bodily function.”

Suzanne’s selection of music comes from the Celtic tradition or from classical composers, such as J.S.Bach, or music composed for the lyre. “Improvisation is also part of each healing session at the beginning and the end. There are times when a patient dies while I am in MICU. Even then the lyre is played to support the individual’s separation from the body and to support the experience the person undergoes...”

Suzanne works on a team with nursing staff in the Burn Center. At the end of her rounds, she submits a written record that includes her observations of patients during her lyre sessions with patients.



**Alan Grier** tells folks, “I sing and play guitar for people shorter than I am...a way of saying I am there for the children.” Alan sings and plays a small acoustic guitar called a requinto which is easy to carry and produces a nice mellow sound. He began volunteering last year and currently brings his music to patients 5 or 6 days a week.

Describing his volunteer rounds, Alan said, “I continue to find more and more areas that focus on young patients. My first stop is usually the children’s infusion clinic in the new Cancer Hospital, working closely with the recreation specialists and nurses/doctors.” Another regular stop is the children’s waiting room in the lobby and the children’s infusion area in the clinic. “I often interact with families in the children’s surgical waiting rooms, and have just discovered the apheresis/blood bank. I regularly go room-to-room on the 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup> floors in the Children’s Hospital.”

Alan plays mostly familiar children’s music and requests. “There are several age groups, so the music changes and my song list grows daily. It’s especially fun to perform music that the families can enjoy together. When asked for a song I don’t know, it’s often possible – thanks to Google – to learn the song and sing it the next visit.”

Alan began a diverse work background as a professional child actor and performer. He completed degrees in theatre and early childhood education at Arizona State University. He taught puppetry at the University of Hawaii and starred in entertainment at the Royal Hawaiian Hotel. For 20 years Alan performed on several luxury cruise lines and served as Director of Entertainment. “After meeting a very special North Carolina lady, I left the cruise industry, moved to Chapel Hill and, until I retired, assisted her in running Rainbow Soccer.”

Alan is a performer with the DooR to DooR program as well as contributing his musical talents as a UNC Health Care Volunteer.

**UNC HEALTH CARE  
VOLUNTEER ASSOCIATION**

**LEADERSHIP COUNCIL**

**Elected Members**

**Recording Secretary** Liz Swaringen  
**Corresponding Secretary** Uma Chugha  
**Treasurer** Sue Mattern  
**Member at Large** Caroline Resnick  
**Membership** Judi Lilley

**Appointed Members**

**Service Component**

Nancy Robinson  
Barbara Irwin

**Financial Component**

Wanda Wooten  
Dick Leach

**Community Component**

Amelia Carew  
Sue Kuveke

**Component Leadership**

**Service Component**

**Membership Committee**

Judi Lilley  
Vickie Lotz

**Nominating Committee**

Iva Blanchard  
Chuck Goins  
Dorothy Lebeau  
Faye Martin  
Rachel Orstad

**Policies & Procedures Committee**

Amelia Carew  
Sue Mattern  
Barbara Irwin

**Service Area Chairs**

**Oncology** Wanda Wooten  
**Emergency Department** Dee Vigh  
**Gift Shop** Nancy Robinson  
**ICU Waiting Room** Jane Steenstra  
**Library Services** Barbara Irwin  
**Patient Relations**  
**Pediatric Services**  
**Sewing** Johnsie Wilkins  
**Surgery Waiting Rooms** Judy Riggsbee

**Fiscal Component**

**Finance Committee Chair** Wanda Wooten  
**Gift Shop Chair** Mary Godwin  
**Fundraising Chair** Rachel Orstad

**Community Component**

**Health Careers Chair** Rachel Orstad  
**Historian/Archivist** Barbara Irwin  
**Legislative Chair** John Soltys  
**Newsletter Editor** Sue Kuveke  
**Scholarship Chair** Amelia Carew

**Ex-officio** — Linda Bowles, Director



**You're Invited!!!**

**DECEMBER 9**

**Volunteer Holiday Party 5-7PM**

**Cancer Hospital Lobby**

**RSVP Lisa 966-4793**

UNC Volunteer Services Department  
101 Manning Drive  
Chapel Hill, NC 27514

**Volunteer Services Department Mission** is to assist the hospital in its endeavors to provide comprehensive health care to the communities it serves, and provide a meaningful outlet for the human need to be of service to others.